

Selection Criteria

Selection into the Queensland Tennis School of Excellence is dependent upon a student's ability to meet the following criteria:

- Applicants must be of acceptable playing standard and be prepared to reach their full potential with dedication and hard work
- Proven tennis skill and ability
- Students wishing to be accepted will be trialed to assess suitability
- Ability to work with others in pursuit of tennis excellence
- Demonstrate a desire to complete their schooling
- The financial ability to meet the costs associated with the excellence program
- Willingness to promote tennis in all its facets
- Compete in all available competitions during the year at the discretion of the coordinator

The following factors are also considered in the selection process:

Tennis

- Level played
- Representative honours
- Potential and coachability



Athlete Management

Athletes in KGSC Sports Excellence programs utilise Athlete Management Solutions software called AMS. AMS is a tool used to manage athlete's time and training load, monitor wellness, track injuries and rehabilitation, and communicate with coaches and trainers.

Players can access the AMS app, to log their training times and intensities, as well as respond to a wide range of wellness metrics. Using AMS, our coaches can keep track of players' physical and mental states, and ensure their training load is appropriate and meaningful.

Each athlete also has access to their own profile, which shows their fitness and skills testing results, keeps them up to date with their program calendar, and communication tools.

Physiotherapy

All athletes across our Sports Excellence programs undertake a Physio Screening or Physical Competency Assessment. Conducted by our Physiotherapists, Michael and Joanne Dalglish, these processes allow athletes to better understand their physical areas of strength and weakness. The results of these tests provide our Strength and Conditioning trainers a platform to develop programs that will prepare the athlete's bodies for the stresses placed on them in their chosen sport, and assist managing or avoiding injury.

Michael and Joanne are available to students in the Sports Excellence programs four mornings per week for triage and rehabilitation progress checks. Athlete's progress is communicated through AMS to coaches and trainers to ensure athlete's sessions are appropriate to their recovery phase. Athletes are also provided with the tools necessary for carrying out their rehabilitation work in their Sports Excellence classes.

Fees

The Queensland Tennis School of Excellence current fee structure is available upon request. Program fees include all coaching, lectures and courses as well as physiological screening each year.

Kelvin Grove State College is a government school and therefore academic tuition for domestic students attracts a standard resource charge and additional levies as per individual subject areas. All excursions and extra curricular activities incur an additional charge.

Application Process

For further information please contact the Tennis Excellence Coordinator on 07 3552 7397 or email tennis@kelvingrovesc.eq.edu.au



Kelvin Grove State College

L'Estrange Terrace
Kelvin Grove 4059

Phone: 07 3552 7397
Email: info@kelvingrovesc.eq.edu.au
Website: kelvingrovesc.eq.edu.au

CRICOS Provider Number: 00608A



Queensland Tennis School of Excellence

In affiliation with Tennis Queensland & KGSC



**Kelvin Grove
State College**

The Pursuit of Excellence With All Our Might



General Information

The Excellence in Tennis program was introduced at Kelvin Grove State College in 1984. It was the first excellence program of its type in Australia. The program has developed with the support of Tennis Australia and the Australian Institute of Sport to become the Queensland Tennis School of Excellence.

The excellence program is designed for students in Years 7 – 12 and is undertaken as one of the subjects students study whilst completing their Middle and Senior years. A Junior School program is also offered for students in Years 4 – 6 which provides a pathway for students into the Middle and Senior School Tennis Excellence program. The quality of the program is maintained by recognised accredited coaches.

Aim

To provide students who have identified tennis talent with an opportunity to develop their skills and provide a genuine learning pathway in tennis and sports studies linked with TAFE and university.

Course Overview

The excellence program provides students with the opportunity to gain practical experience in tennis and other related areas which will give them a variety of career paths when they leave school. Students have access to recognised accredited tennis coaches, a gymnasium, fitness instructor and physiotherapist who 'screens' players and conducts fitness assessments.

The excellence program offers students the opportunity to participate in competitions throughout Australia and internationally. Year 10 students will commence a Certificate 3 in Fitness which encompasses a Certificate 2 in Sport and Recreation to be completed by the end of the program. Students may also have the option of completing a Certificate IV in Fitness. Tennis coaching, sports administration and managerial positions are also possible. School based traineeships are also available to students whilst completing Years 11 and 12.

Over the years our players have followed a variety of career paths ranging from playing club tennis in Germany, to coaching, or becoming fitness instructors and high school teachers. Several of our players have accepted scholarships to American universities with great success. Tennis Queensland has continually supported the program viewing it as an integral part of the player's development and a vital "link" with full time programs.

Course Structure

- Middle/Junior School of Excellence in Tennis – Years 4 – 7. Approximately 4.5 hours per week, scheduled before school only.
- Excellence – Years 8 – 9. Approximately 7 hours per week, including some training before school. Students select tennis as an elective subject.
- Tennis School of Excellence – Years 10 – 12. Approximately 12.5 hours per week. Students study five academic or vocational subjects with tennis as their sixth.

Course Outline

The program is divided into four areas:

Development of Tennis Skills

- Skills assessment/video analysis
- Tactical play/match analysis

Development of Fitness

- Physiotherapist screening/individual programs
- Components – aerobic/stretching/agility/speed
- Strength training/program/rehabilitation

Preparation for Tournaments

- Goal setting/time management
- Sports Psychology, Nutrition, Sports Medicine (Injury Prevention)

Education of the Player and Career options

- Coaching principles in schools – students develop coaching skills in preparation for a possible coaching career post-school

Nutrition

Our philosophy on nutrition focusses on the impact of nutrition on performance being as integral as all other aspects of physical development and performance. We aim to aid our athletes in understanding that how we fuel our body directly influences the way our body works. We have developed resources, including The Healthy Athlete Plate, a wide range of recipes and diet considerations and undertake cooking classes and demonstrations with the students.

The resources are accessible to our Sports Excellence athletes through the AMS platform. These resources encourage the whole family to engage in considering their nutrition, not only for athletic performance but also for healthy lifestyles.

VALD Performance Lab and Sports Centre Complex

The college has partnered with VALD Performance to establish a world-class Movement lab to support the development of athletes and minimise athlete injuries through biomechanical analysis within the lab. This equipment is the same equipment used in European Premier League Football Teams and NBA Basketball Teams.

The lab is part of a \$21 million Sports Stadium and Sports Centre Complex that enable the college to provide a world-class learning environment for a multitude of classes that students access weekly. The complex has 3 basketball courts, 5 volleyball courts, netball and badminton courts, and is the hub for much of the college's HPE and Sports Excellence programs. The specialist spaces include a Kinesiology Lab, Pilates Room, Weights Room, and Physio Treatment room that enable the college to continue to provide a truly unique learning experience for students in the Sporting Excellence programs.